



# APRIL 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Parenting Journey 5:30pm - 7:30pm Grandparents Raising Grandchildren 11am- 12:00pm	3 NYPS 430-530 Living Life Out Loud 4:00pm-5:00pm LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm	4 LGBTQ+ Youth Social Group 6:00pm-7:00pm	5	6
7	8	9 Parenting Journey 5:30pm - 7:30pm	10 Have you considered becoming a foster parent group at 5:30pm Living Life Out Loud 4:00pm-5:00pm LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm	11	12 Time For Moms 11:00am - 12:00pm	13 QFRC Open 9:00am- 12:00pm
14	15 CLOSED FOR PATRIOTS DAY	16 Parenting Journey 5:30pm - 7:30pm Grandparents Raising Grandchildren 11am- 12:00pm	17 Living Life Out Loud 4:00pm-5:00pm LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm	18 LGBTQ+ Youth Social Group 6:00pm-7:00pm Cool. Calm. Collected. 5:00pm-6:00pm	19	20
21	22	23	24 Living Life Out Loud 4:00pm-5:00pm LEADS 3:00pm-4:00pm OR 4:30pm- 5:30pm	25 Cool. Calm. Collected. 5:00pm-6:00pm The new IEP Form Workshop Presented in Chinese 10:30am-12:30am	26 Time For Moms 11:00am - 12:00pm	27 QFRC Open 9:00am- 12:00pm
28	29 Laundry Love Hull, MA 4:00pm-6:30pm	30			 <p>APRIL IS NATIONAL <b>CHILD ABUSE</b> PREVENTION MONTH</p>	

**Grandparents Raising Grandchildren & Kinship Caregivers** — This support group is for grandparents and kinship caregivers. GRG meets the 1st and 3rd Tuesday of the month from 11:00 am-12:00 pm in person. Tuesday 4/2 and 4/16. For more information, contact Andrea at 617-481-7227 x157 or email [aroderick@baystatecs.org](mailto:aroderick@baystatecs.org)

**LEADS** — Learning Everyday Applied Skills for Success engages students (ages 11-18) in learning about positive decision-making, leadership, taking responsibility, and healthy relationships. Meets weekly on Wednesdays, with two options offered for times: Option 1: 3:00-4:00 pm and Option 2: 4:30-5:30 pm This group will be conducted via Zoom video online conferencing. Registration is required. Please contact Candice at 617-481-7227 x193 or [ckunigenas@baystatecs.org](mailto:ckunigenas@baystatecs.org).

**LGBTQ+ Youth Social Group** — A group where Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ+) youth can come to socialize with peers and allies. Ages 11-14. The group will be conducted in person at 1120 Hancock Street, Quincy, MA. On the first and third Thursday of each month, 4/4 and 4/18 from 6:00-7:00pm. Registration required. Please contact Jackie at 617.481.7227 ext. 166 or [Jwalorz@baystatecs.org](mailto:Jwalorz@baystatecs.org)

**Free. Period Products and Supplies** — We are grateful to be partnering with St. John the Evangelist (Hingham, MA) on their “Free.” initiative which provides free menstruation supplies to those in need on the South Shore. The products to support this biological function are an added expense placed on many who are already experiencing financial insecurity. Compounding this issue is that these products are not covered by benefits. This gap in need and coverage imposes yet another barrier to equity in education and employment as many are forced to miss school or work. If you need these products, please reach out to the QFRC by contacting Jackie at [jwalorz@baystatecs.org](mailto:jwalorz@baystatecs.org) or 617-481-7227 x166.

**Birthday in a Bag**- The QFRC is offering an ongoing event to help plan your child’s birthday! We will provide you with a bag full of birthday treats, gifts, and party supplies. You will need to register 2 weeks in advance before your child’s birthdate. For more information, please contact Marisol at [mvelazquez@baystatecs.org](mailto:mvelazquez@baystatecs.org) or 617-481-7227 x149.

**Have You Considered Becoming A Foster Parent?** Join us on Wednesday, 4/10 at 5:30 pm for a virtual information session about becoming a foster parent and make a difference in a child’s life. For more information, please contact Fatima by phone at 508-894- 3841 or by e-mail at [Fatima.sequeira@mass.gov](mailto:Fatima.sequeira@mass.gov) or Christine Barry at 781-864-5103.

**Laundry Love** — Complimentary laundry services for families are being offered on a modified basis. Laundry supplies and pre-loaded laundry cards for clients are being left during the designated times asking everyone to use the honor system. **Monday ,4/29from 4:00-6:30 pm at Superwash 259 Nantasket Ave Hull, MA.**

**The last load must go in by 5:45 PM. This is provided by St. John's Episcopal Church in Hingham,** with support from the Quincy Family Resource Center. Signs are posted at each location with instructions and contact information. For more information contact [Laundrylovej@outlook.com](mailto:Laundrylovej@outlook.com)



Connect with us:  
Quincy Family Resource Center

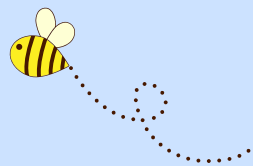


QuincyFRC



@QuincyFRC

[quincyFRC@baystatecs.org](mailto:quincyFRC@baystatecs.org)



Quincy Family Resource Center | 1120 Hancock Street, 1st Floor | Quincy, MA 02169 | 617-481-7227 | [www.QuincyFamilyRC.org](http://www.QuincyFamilyRC.org)

**The new IEP Workshop** - The Quincy Family Resource Center and The Federation For Children with Special Needs will be hosting a workshop on Thursday April 25th from 10:30am to 12:30am to go over the newest IEP form and what has been added. Please bring all your questions and hopefully we will be able to answer them! **THIS WORKSHOP IS PRESENTED IN CHINESE ONLY**

**Living Life Out Loud — LOL** — Are you between the ages of 16 - 24 and in need of basic resources and information regarding things like employment, health insurance, housing, education and transition planning, finances, etc.? The QFRC invites you to come on in and chill!! Let’s talk about how we can help you live L.O.L!!!! FREE pizza, drinks, and snacks!! Drop-in time is every Wednesday from 4:00PM-5:00PM. Any questions contact Andrea at [aroderick@baystatecs.org](mailto:aroderick@baystatecs.org) or 617-481-7227 x157

**Cool Calm & Collected** — This is a new group for teens ages 13-18. The focus of this 5 week program is to help teens find positive & healthy ways to manage their anger. This group will run on Thursdays from 5pm to 6pm via Zoom. Registration is required. For more information please contact Jackie Walorz at [jwalorz@baystatecs.org](mailto:jwalorz@baystatecs.org) or at 617-481-7227 ext.166, Registration is required.

**Time For Moms** — A group where you can come together in a safe place to exchange ideas, share experiences, and information and at the time receive and offer support. This group will be offered the second and fourth Friday of each month from 11am - 12pm. The April dates are 4/12 and 4/26. For more information and to register please contact Marisol Velazquez at 617-481-7227 ext. 149 or at [mvelazquez@baystatecs.org](mailto:mvelazquez@baystatecs.org)

**Parenting Journey** — Parenting is a journey in which all parents need support and guidance. Connect with other parents during guided discussions that will help develop knowledge and skills that support you as a parent and as a role model. This 12 week long group is set to start **Tuesday January 30th to April 16th from 5:30 - 7:30**. For more information please contact Andrea Roderick at [aroderick@baystatecs.org](mailto:aroderick@baystatecs.org) /617-481-7227 ext. 157 or Jacquelyn Walorz at [Jwalorz@baystatecs.org](mailto:Jwalorz@baystatecs.org) / 617-481-7227 ext. 166

**Nurturing Your Parenting Skills (NYPS)** — Learn age appropriate exceptions for your child, behavioral management, discipline techniques, and appropriate consequences. Winter session begins **Wednesday February 14th through Wednesday April 3rd from 4:30pm-5:30pm** . For more information please contact Jackie Walorz at [jwalorz@baystatecs.org](mailto:jwalorz@baystatecs.org) or 617-481-7227 ext. 166 or Andrea Roderick at [aroderick@baystatecs.org](mailto:aroderick@baystatecs.org) or 617-481-7227 ext. 157.

#### How To Reach Us!

The Quincy Family Resource Center is available to support you, offering individual support for families, referrals for services, assessments, and groups in person or on Zoom.

If you need any assistance, please contact Jackie Walorz at

617-481-7227 x166 or email [jwalorz@baystatecs.org](mailto:jwalorz@baystatecs.org) Any schedule changes will be posted on our website and social media pages.

**The office will be close Monday April 15th for Patriots Day and reopen Tuesday April 16th for normal hours**

#### QFRC Monday-Friday Hours of Operation

Monday 9am-5pm

Tuesday 9am-7:30pm

Wednesday 9:30am-5:30pm

Thursday 9am-7:30pm

Friday 9am-5pm

2nd & 4th Saturday of the Month: 9am-12pm

